

Facets

A group of people are enjoying a water park slide. They are floating on large, inflatable tubes in a pool of water. The tubes are yellow and blue. The people are wearing swimwear and sunglasses, suggesting a sunny day. The water is clear and blue. The overall atmosphere is fun and relaxed.

July 2012

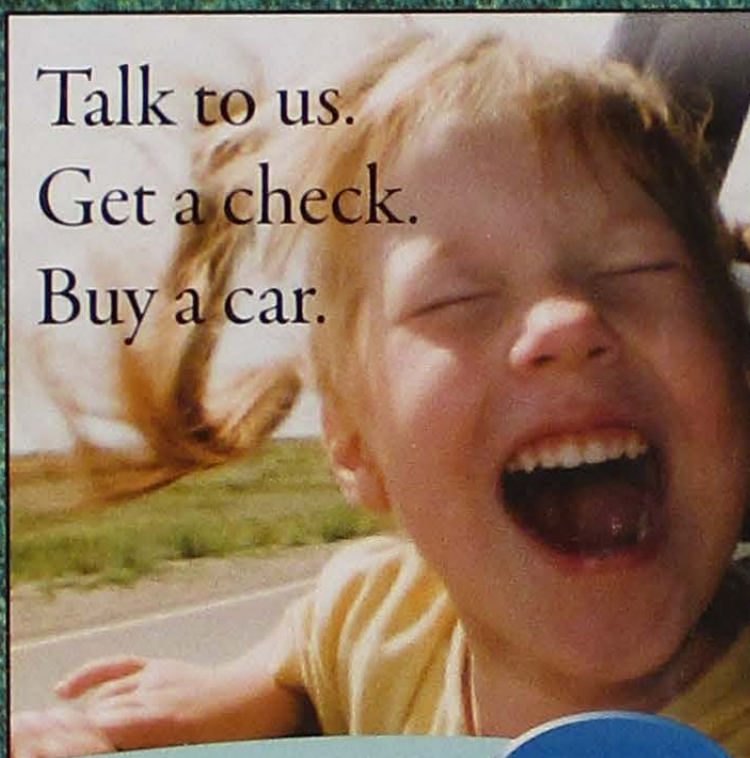
Fun in the sun

Enjoy the heat
with our list
of hot summer
activities

Experience Somerset



Talk to us.
Get a check.
Buy a car.



See the auto loan experts at
Greater Iowa Credit Union.

1.800.296.9064
www.greateriowacu.org

Greater Iowa
CREDIT UNION



www.somersetvethospital.com
drfelz@somersetvethospital.com
2721 Stange Road #108
Ames, IA 50010
(515) 292-0400

Monday-Friday
8:00am-6:00pm
and Sat 8:00am-12:00pm
24 Hour Emergency
Service Available

*For all your
pet's needs*

10% off

first visit to all new
clients during the
month of July

Expires July 31, 2012

Like us on
Facebook



*studio7 salon
and spa*

hair
pedicures
manicures
massage
facials
tanning
spray tanning
waxing
makeup



S7

515.268.1693
2624 Northridge Pkwy

www.studio7ss.com

*Just
Fabulous
Darling*

Fun, Flirty
& Affordable
Fashions, Handbags
and Accessories
for all the women
in your life!

2610 Northridge Pkwy
Suite 101
Ames, Iowa
(515) 298-0579

Open til 8:00 on Friday
Closed Monday



**MIND
BODY
SOUL**



2707 Stange Road,
Ames, IA 50010

(515) 292-9600 www.igniteyoga.com

**Let's get down to
business**

To advertise
call me today!
KK O'Neill
663-6956

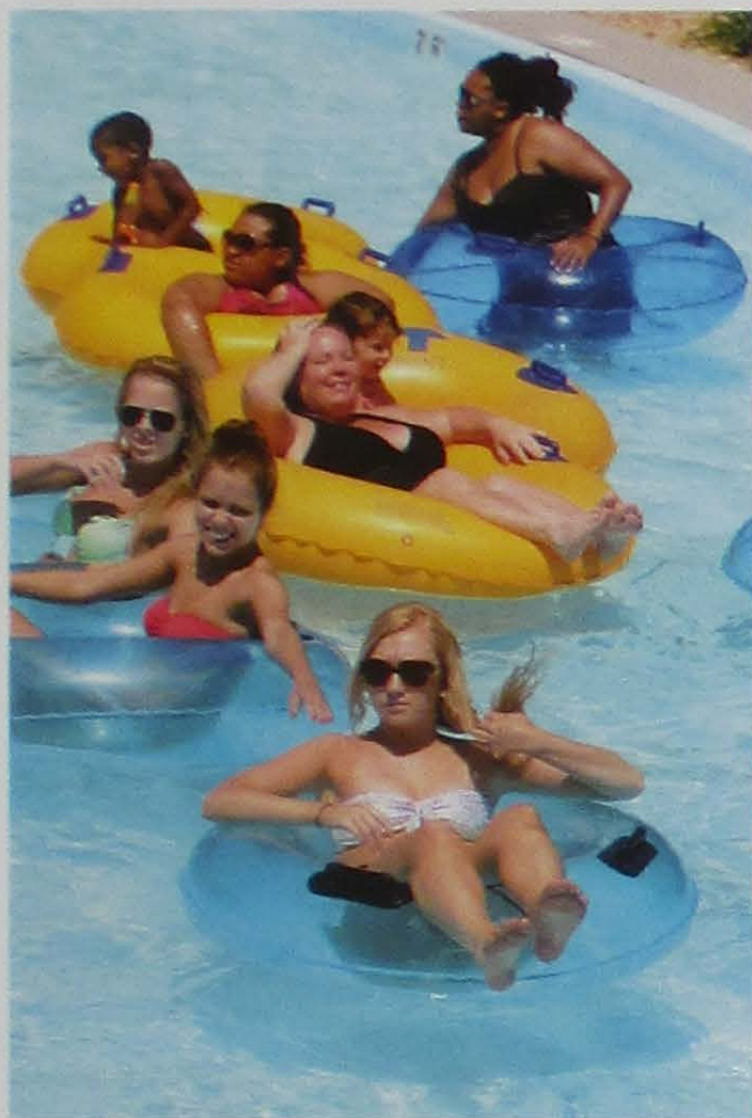
Inserted into the Ames
Tribune, Nevada Journal &
Tri County Times for a total
circulation of over 12,000!

Facets

Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FEATURES



DEPARTMENTS

- 4 EDITOR'S NOTE
- 5 WHAT WE'RE INTO
- 16 BEAUTY
- 17 NOURISHMENT
- 18 YOUR GUIDE TO FINANCIAL INDEPENDENCE
- 19 DENTISTRY
- 20 FITNESS
- 22 FACETED WOMAN: KAREN YOUNGBERG



6 COVER STORY ▲

Fun in the sun: Enjoy the heat with our list of hot summer activities.

10 SOME LIKE IT HOT

Hot yoga melds mind, body and spirit.

14 WHAT'S HOT IN THE KITCHEN

15 HOT SUMMER FASHION ►

ON THE COVER

Kurtlyn Sandrock, front, floats down the lazy river at the Furman Aquatic Center in Ames.
By Nirmalendu Majumdar/Facets

WANT TO BE IN FACETS?

We're looking for Story County residents to appear as models in future issues. Contact us at www.facebook.com/facets magazine if you're interested.

facebook

FIND US ON FACEBOOK

www.facebook.com/facets magazine

FACETS is a publication of Stephens Media Iowa.

PHONE: (515) 232-2160 ADDRESS: 317 Fifth St. Ames, IA, 50010

Give Yourself
SOMETHING TO
Smile About

AMES CENTER
FOR
COSMETIC & FAMILY
DENTISTRY

WEDDING *TO DO* LIST

Set the wedding date
Throw engagement party
Determine the guest list
Choose wedding colors
Book the photographer
Find the perfect dress
Book wedding planner
Choose the flowers
Have teeth whitened
for the big day!

Opalescence BOOST
In-Office Whitening

\$399

Call (515) 956-3700
to purchase today!

Expires August 31, 2012.

Get that beautiful,
white smile for
your big day!



Dr. Amie Rockow-Nelson
(515) 956-3700

415 South Duff Ave., Suite D
Ames, Iowa
www.docrockdds.com

Getting hot in a good way

Standing at the office copy machine, my boss told me I was "melting away."

I smiled and got a little misty-eyed. When I thought six months ago about what would be hot this summer, I wanted the answer to be "me."

I am kidding (a little), but I am also proud to say I have lost almost 20 pounds since I wrote in January about losing around 15 pounds, after having recovered in 2011 from a couple of injuries and quit drowning my new-job anxieties with excessive quantities of soda and fast food.

I don't even drink soda anymore, and I only rarely indulge in fast food. In addition to regular workouts, I am learning how to eat — and drink — my way to better fitness.



JENNIFER MEYER

It's been a lot of work. I wouldn't go so far to say I'm "hot," but I look and feel much better.

I haven't reached my fitness goal yet, but I celebrate the small successes, like ordering a size smaller bridesmaid dress for my sister's wedding in October. I am working toward some generous alterations by then.

I joke that if I have to be the

"Losing weight is what makes me feel hot — or at least hotter than I was."

oldest and unmarried sister, I'd better be the hottest of us three.

Losing weight is what makes me feel hot — or at least hotter than I was.

While I work with personal

trainer Stephanie Broders, this issue of Facets includes an article about "hot yoga," which more women are exploring to meet their fitness goals, and a column by Ames Racquet and Fitness trainer Debra Atkinson about fitness trends.

A few gems of wisdom from Debra: Strong is shapely, and eating is sexy.

With your hot new body, we'll tell you what you need to know to put together a scorching wardrobe, and where to go in Ames to sizzle while enjoying the outdoor summer heat.

Feel good and enjoy summer. ♦

Reach Facets Editor
Jennifer Meyer via email
at jmeyer.facets@gmail.com.

**ANNUAL
HALF PRICE
SALE
STARTS
MONDAY
JULY 16!**

Nature's Touch
Handcrafted Jewelry

311 Main Street • Downtown Ames
515-233-6179
www.NaturesTouchJewelry.com

Invest in your dreams



Pat Brown CLU

Registered Representative
Bus: 515-233-1295
Mon - Thurs 8 am to 6 pm
Friday 8 am to 5 pm
Saturday 9 am to 12 pm

Ask me about State Farm Mutual Funds®. Making the right investment choices today may help you reach your dreams for tomorrow.

Like a good neighbor, State Farm is there.
CALL ME TODAY.



**Mutual
Funds**

State Farm Mutual Funds® are available through prospectus by registered representatives of State Farm VP Management Corp. One State Farm Plaza, Bloomington, Illinois 6170. 1-800-447-4930. Please read the prospectus and consider the investment objectives, risks, charges and expenses and other information it contains about State Farm Mutual Funds carefully before investing. AP2010020191. It is important to note that there is market risk involved when investing mutual funds, including loss of principal.

1001081

ISU Alum ECO Friendly
Ames Business

Residential Cleaning

~setting the standard in Ames



Call us today!



ProfessionalHomeAmes.com

515-232-8029

email: info@professionalhomeames.com



"Starry Night"/Vincent van Gogh

CUSTOMIZE A CLASSIC PRINT

Class up an old college poster or enhance a personal photo with hobby store matboard ordered to fit standard frames. Pick colors to match your decor, and for a cost a lot less than custom framing.

— Jennifer Meyer, Facets editor



FROZEN YOGURT

I can enjoy it and not feel quite so guilty!

— Joan Ingwersen,
Ames, At Home Care Co.

WWW.HOUZZ.COM

This website is filled with ideas for decorating your home. It's a fantastic "spark" when you need it.

— Sarah Buss, Ames,
Director of Membership
and Affiliate
Programming, Ames
Chamber of Commerce

SLACKLINING

A slackline is a long piece of 1-inch flat nylon webbing stretched between two trees (usually about 18 inches from the ground) that you try to walk along without falling. It is fantastic for developing balance.

— Tori Haverkamp, Ames

KNITTING AND CROCHETING

Our knitting and crochet group is meeting on Monday evenings once a month at the new wine bar on Main Street. We're not a really big group, but we hope to grow. We also meet at the library a couple of times a month.

— Teresa Ronk, Ames, dental assistant



THINGS CHANGE...
children grow up,
move, find jobs, move again.

*Some even start
their own Family.*



**But, one thing
never changes**

**THE NEED TO CALL
SOME PLACE**

Home

Trust the experience of
Hunziker & Associates,
REALTORS to help you
find your next home.

HUNZIKER
& ASSOCIATES
REALTORS®

515-233-4450
105 S. 16th St. Ames, IA
www.HunzikerRealty.com

Fun in the Sun

Enjoy the heat
with our list
of hot summer
activities

BY KELLY SPILLMAN-KRAMER

Don't get caught complaining "I'm bored" this summer.

It may be hot outside, but there are plenty of ways for you and your family to bask in the enjoyment of summer activities.

Whether you're looking for a new way to exercise, a night out, shopping or concerts, the Ames area offers a variety of exciting indoor and outdoor entertainment options.

By Nirmalendu
Majumdar/Facets

Emily Sperfslage
and her daughter,
Payton, 2, float
down the lazy river
at Furman Aquatic
Center in Ames.

FURMAN AQUATIC CENTER

The Furman Aquatic Center, 1635 13th St., Ames, features a 550-foot lazy river with a waterfall; two waterslides, each more than 200 feet in length; a 50-meter pool with a 150-foot drop slide; a 5,000-square-foot splash pool; a children's and a toddlers' slide; basketball hoops; and much more.

"The aquatic center is a fabulous facility," Ames Recreation Superintendent Keith Abraham said. "It has something to do for all ages, and it has been extremely well received by the public. It's a safe, fun, clean facility that has something for everyone."

The park also has a concession stand, picnic area and Wi-fi for parents.

Most of the park's facilities are open every day from 1-8 p.m. (It closes at 6 p.m. on July 4). A full schedule can be found online at www.cityofames.org.

The park charges admission for everyone, but offers admission rates ranging from daily entrance to individual and family season passes. Children younger than 7 years old must be actively supervised by an adult at all times.

The Furman Aquatic Center also offers the following programs:

- Early Bird Lap Swim: 6-8 a.m. Monday through Friday. Registration required.
- Open Water Walking: 11 a.m.-1 p.m. every day in the lazy river.
- Adult Lap Swim: 6:30-8 p.m. for ages 16 and older in the 50-meter pool.
- Tot Time: 11 a.m.-1 p.m. for ages 7 and younger in the splash pool. Carry-in food allowed if removed by 1 p.m.

YOGA IN THE PARK

Yoga in the Park is a new exercise opportunity in Ames, held from 10-11 a.m. each Saturday (weather permitting) through July 14 at Band Shell Park, located at Sixth Street and Duff Avenue.

Ames Recreation Wellness Manager Nancy Shaw said the program is modeled after a similar event in Des Moines. Shaw said the Des Moines program can have more than 100 participants any given week.

"Any time you take something outside in the grass and the wind and the beauty of nature ... it just adds an element to yoga that people will enjoy opposed to being in a confined space," she said.

The course is taught by instructors from area yoga studios, allowing participants to try different styles and techniques. The idea behind the program is to allow people to explore yoga, Shaw said.

"Everybody's practices differ," she said. "We're not focusing on one studio. The focus is on the yoga."

No prior yoga experience is needed. Shaw encourages participants to bring a yoga mat, if they have one, and water. Instructors volunteer their time, so the class is free, but participants are asked to sign a liability form.

AMES ON THE HALF SHELL

Ames on the Half Shell kicked off its 10th season on June 1 with friends, live music and drinks. The event will continue each Friday through July 20, from 5-8 p.m., at Band Shell Park at Sixth Street and Duff Avenue.

The lineup for July includes:

- July 6: Wheelhouse with food by Battles Barb-B-Q
- July 13: Saucy Jack with food by Vesuvius Wood-Fired

Pizza

- July 20: Vivace with food by Olde Main Brewing Company

The board for the event aims to book bands that play covers from the '80s and '90s, said Chair Kelly Junge. This year's bands follow suit.

"Good music, good weather, Friday afternoons and good times with friends in the sun," she said.

Admittance is \$4 and includes a pint of beer from Olde Main after the show. Attendants must be 21 or accompanied by a parent, spouse or guardian. Beer, water and food may be purchased during the show.

Proceeds help the Jaycees maintain the Ames on the Half Shell event, and contribute to the July 4 fireworks display, holiday food baskets for needy families, an Easter egg hunt, college scholarships and a charity bowling event.

AMES DOG PARK

The Ames Dog Park, located off South Duff Avenue at 605 Billy Sunday Road, is a pet-friendly place for dog owners to walk and exercise their furry family members.

"Walking their dog is some people's form of recreation," Parks and Recreation Director Nancy Carroll said. "People also make a lot of friends at the dog park; there is a sociability to meeting other dog owners. ... Dogs also have a great experience, too."

The park is a 10-acre fenced facility with an eight-acre area for large dogs and two-acre area for dogs weighing less than 25 pounds.

"We have one of the nicest (dog parks) in Iowa," Carroll said.

Dog owners must purchase a facility use permit at the Community Center in City Hall and provide proof of rabies vaccination.

"It's a fabulous facility, and I'd encourage anyone with a dog to go and get a permit and anyone who likes dogs to go and check it out," she said.



By Nirmalendu Majumdar/Facets

Lonna Nachtigal, of Onion Creek Farm, sells vegetables at the Main Street Farmers Market in Ames.

FARMERS MARKETS

The Ames Main Street, Downtown and North Grand farmers markets offer opportunities to buy local produce and goods at great prices. The markets run through October, and offer a variety of local specialties, fruits and vegetables, organic foods, baked goods, and crafts.

The Ames Main Street Farmers Market is open from 8 a.m. to noon Saturdays in the 400 block of Main Street. The North Grand Farmers Market is open 3-6 p.m. Wednesdays, as well as 8 a.m. to noon Saturdays, on the north side of North Grand Mall. The Ames Downtown Farmers Market, at 526 Main St., is open Thursdays and Fridays from 2 to 7 p.m. and Saturdays from 8 a.m. to noon.

SKUNK RIVER PADDLERS

The Skunk River Paddlers, a group of area canoeists and kayakers, meet at 7 p.m. each Wednesday from Memorial Day to Labor Day at Ada Hayden Park.

"I think it [Skunk River Paddlers] provides a means by which new paddlers and those new to the community can find and connect with others," member Rick Dietz said.

In addition to informal trips on the Skunk River, the group holds three annual paddling events: March Waffle Float, December Pancake Paddle and Spring Float on the Skunk.

Members volunteer with Story County Conservation and with the Ames and Story City governments to develop and maintain the Skunk River Water Trail. The group also participates in the adopt-a-park and Stash the Trash programs.

The Paddlers also provided canoe rides at the Story County Conservation Partners Spring Festival and are a co-sponsor of the Great Ames Adventure Race.

No membership fees or registration are required to join the group.

For more information, visit skunkriverpaddlers.org or email info@skunkriverpaddlers.org.

INDIAN CREEK GREENBELT TRAIL

When a short ride in Ames just isn't enough, bicyclists can ride along the Lincoln Highway corridor to Nevada on the Indian Creek Greenbelt Trail.

The most recent 4.5-mile trail segment was completed in the summer 2009, but there are hopes to further expand the trail in the future, said Nevada Parks and Recreation Director Tim Hansen.

The trail runs along Indian Creek through Nevada to the SCORE Athletic Complex, which hosts tennis, softball and soccer. Bicyclists also have opportunities to visit the aquatic center, two playgrounds or a picnic shelter.

Hansen said the trail and the park provide a nice option for Ames and Nevada residents for a leisurely bike ride.

"It [Indian Creek Greenbelt Trail] has an easy access to the Ames Trail System," Hansen said. "I've known people to come to Nevada from Ames for breakfast and bike back afterward."

For more information, visit cityofnevada.org.

EXCELLENCE!



Central Iowans know they can count on Mary Greeley Medical Center for high quality health care. Now, Mary Greeley's "specialized care, personal touch" approach has received 5-star, best-in-Iowa-ratings from HealthGrades, the leading provider of comprehensive information about physicians and hospitals.

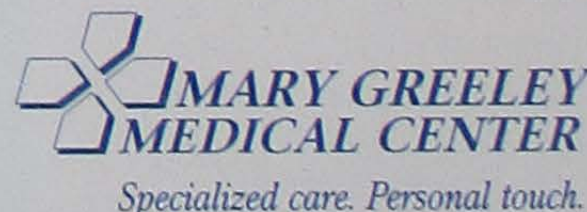
HealthGrades has rated Mary Greeley Medical Center:

- Best in Iowa for General Surgery
- Best in Iowa for Gastrointestinal Care

Mary Greeley has also been ranked among the **Best 100 Hospitals in the country** for General Surgery and Gastrointestinal Care.

Learn more about Mary Greeley Medical Center services at www.mgmc.org.

Learn more about the ratings at www.healthgrades.com.



STORY THEATER COMPANY

Story Theater Company, a nonprofit children's theater in Ames, will hold several free theater performances in July starring participants of theater camps.

"We have such talented youth in the area," Story Theater Company Secretary Lori Sulzberger said. "Our cast members come from all over Central Iowa: Ames, Gilbert, Nevada, Huxley and Boone. They have a great time making friends and coming together as an ensemble. It is a joy to watch the final production, which is always excellent."

Upcoming performances include:

- "Witches, Bitches, Rings and Things," a collaboration of favorite folk and fairy tales, performed by students entering grades 3-6, at 6:30 and 7:30 p.m. Friday, July 13, at Ames City Auditorium.

- "The Audition," a comic drama about students auditioning for a theater production, performed by students entering grades 6-12, at 7 p.m. Friday, July 20, at Ames City Auditorium.

- A cabaret by workshop participants at 7 p.m. Friday, July 27, at Pearson Hall on the Iowa State University campus.

Story Theater Company works with approximately 150 children each year and employs Iowa State University students to direct, design and teach.

"Our instructors are top performing arts majors and recent graduates from ISU's theater department, and they never approach a production as 'just children's theater,'" Sulzberger said.

Participation in dramatic arts helps develop life skills, such as self-confidence, responsibility and collaboration, she said.

"The instructors and the children set out to produce great theater, and they work hard to achieve that goal," Sulzberger said. "Story Theater Company shows are an economical way to introduce young children to the theater, and the shows are fun for the whole family."

For more information about Story Theater Company, visit storytheatercompany.org. ♦

Reach Kelly Spillman-Kramer via email at kel_300@hotmail.com.

Reinvent Your Financial Future!

Call Karen • 232-2785

Listen • Identify
Design • Transform



Karen L. Petersen, CFP®

2613 Northridge Pkwy (Somerset)

515.232.2785

Karen@myMoreThanMoney.net

Registered Representative Securities offered through Cambridge Investment Research Inc. a Broker Dealer Member FINRA/SIPC
Investment Advisor Representative, Cambridge Investment Advisor, Inc. a Registered Investment Advisor.

*Because life is...
more than money.*

**COOL
DEALS** **SAVE 50%
OR MORE**
FROM YOUR FAVORITE
LOCAL MERCHANTS

SIGN UP IS EASY:

1. Go to DEALS.AMESTRIB.COM
on your computer or iPhone/Android phone
2. **FREE** Registration using your e-mail or
facebook account
3. Receive the **COOL
DEALS** **immediately** and receive
weekly email alerts

deals.AMESTRIB.com

Some like it hot

Hot yoga melds mind, body and spirit

BY KATHY HANSON

It is 6 a.m. on a weekday. Before most people have stumbled out of bed to grope their way toward the nearest dose of caffeine, Sheri Meyer is preparing for an hour-long hot yoga session. In a mirrored room with about a dozen other adults, she stretches slowly and methodically, while soft music plays in the background.

The room air, heated to 105 degrees, envelops the skin like a hot bath. Instructor Emily Hampton weaves a path through the towel-covered floor mats, speaking in a voice that glides as gracefully as her movements. She adjusts the room heater, visually appraises the students and establishes the ground rules for the session.

"There is no judgment here," she says. "Find your own edge. Stop if you feel pain."

Hampton leads the students in the session's beginning sequences, with a focus on their breath. Their exhalations merge into a pulsing susurrant, an accompaniment to motions that coax their bodies into intricate postures.

Some poses are designed to be held until the muscles shake in protest. Within 10 minutes, the towel covering Meyer's mat shows her footprints in perspiration.

Hampton compliments Meyer as she stretches into a crescent lunge with ease that reveals the more than 200 hours Meyer has spent in training to become a certified instructor herself.

Meyer, who turns 50 this year, credits hot yoga for breaking down the last obstacles to reaching her ideals for physical, mental and spiritual fitness. Before she found yoga, she lifted weights and did aerobics. Yoga's melding of mind, body and spirit, however, made more sense than just working out, she said.

Then, in 2008, she took a "hot" yoga class. "My body felt so great afterward, I was hooked," she said.

During the first hour after a session, hot yoga practitioners typically experience "bright" thinking, characterized by mental calm and clear ideas, Meyer said. "They feel energized, rejuvenated, and normal aches and pains disappear."

Meyer said she practices yoga for athletic and health benefits, although some people seek its meditative component.

"My first go-to strategy is prayer, though, and then I turn to the yoga breath," she said.

IS HOT YOGA FOR YOU?

Always check with your health care professional before starting any exercise program.

LEARN MORE ABOUT HOT YOGA

- Ignite: www.igniteyoga.com
- Barkan Method: www.barkanmethod.com
- Vanderbilt University study of Bikram yoga: <http://healthpsych.psy.vanderbilt.edu/Bikramyoga.htm>

Meyer says that in the form of hot yoga she practices, called the Barkan Method, there's "no locking of the knees, and there is rounding of the spine."

It is literally not as rigid as the Bikram yoga from which it derived, she said.

"I think some of the controversy about hot yoga comes from the Bikram Method," Meyer said.

One can read about Bikram yoga all over the Internet, she said, and many articles are peppered with the reasons it's controversial. For example, Bikram yoga is constrained to the same 26 poses, which founder Bikram Choudhury calls his "signature program," according to his website, even though the poses come from the ancient practice of yoga.

Hampton said there's also controversy about the 105-degree temperature in a Bikram session, because it's augmented using a commercial-quality humidifier that can make the "feels-like" temperature more like 130 degrees. And the classes are 90 minutes long, she said.

"There's a lot of talk in yoga about working toward your edge," Hampton said. "Under those (Bikram yoga) conditions, it's not hard to lose the sense of where discomfort crosses over to pain and injury."

Medical experts and exercise physiologists warn of the dangers of muscle and cartilage tears, and cardiac stress due to thermal stress, she said.

Students at Vanderbilt University, for example, researched the effects of Bikram yoga and the opinions of medical experts, who concluded that people with any type of cardiovascular disease, pregnant women, young children and the elderly should avoid Bikram yoga. They urge that activity in a hot environment must be discontinued when symptoms of heat stress

occur, including a deep body temperature above 100 degrees, feeling of sudden and severe fatigue, nausea, dizziness, lightheadedness or fainting, irritability, malaise, flu-like symptoms or an absence of sweating.

Meyer said it's no wonder that Bikram yoga has spawned several lineages that strive for the same benefits with a more balanced approach.

"Some people say Choudhury is a fanatic," she said.

Meyer said it was a dream come true to be able to study the Barkan Method of hot yoga. Jimmy Barkan became a master of hot yoga under Choudhury, she said, but parted ways to develop his own method.

Hampton said the Barkan Method allows more variety in the poses and gives the instructor more voice to interpret the program. It also avoids extremes in the heat index and length of the sessions. Even so, Hampton said, she knows the Barkan Method has its detractors.

"As with starting any exercise program, we encourage people to consult their health care provider, especially if they're under medical care for any reason," she said.

Hampton said Choudhury's nephew practices another spin-off approach called Sumit yoga, in Phoenix, Ariz. Hampton said she was happy to discover the Sumit studio, because she spends a lot of time in Phoenix.

"When I started becoming frustrated in Ames because there was no hot yoga here, I knew it was time to open a studio," Hampton said.

It took Hampton nine months to complete the grueling 200-hour training to become an instructor.

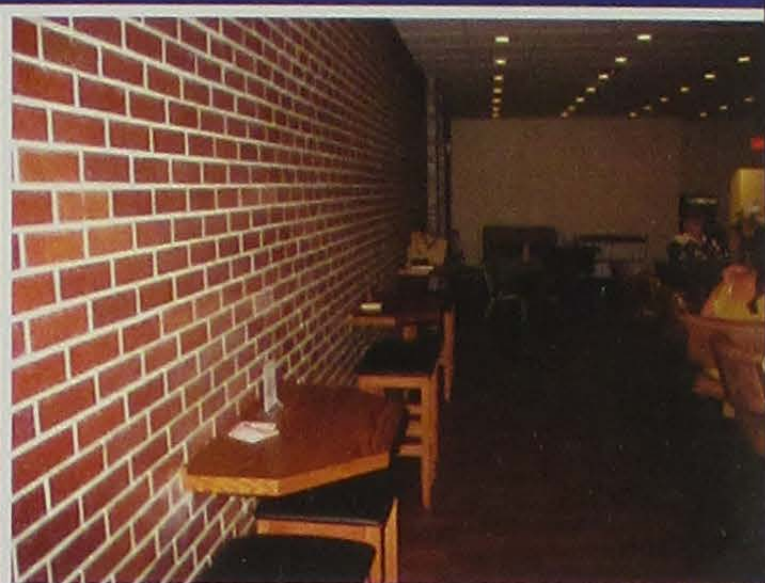
Meyer said she's keeping options open for her hot yoga future, teaching for now a few hours a week and practicing at least five days a week. It's a discipline she hopes to cultivate for the rest of her life, she said.

"Yoga is something you can get better at as you get older," she said. "You can keep teaching your muscles to stretch, and the process is good for the fluid in the joints."

Hampton said for some of her clients, connecting body and mind stimulates a life transformation.

"I've seen some lie on their mats and cry after a session," she said. "They are moved by that mind-body connection. It uncovers things they need to deal with or embrace." ♦

American Legion #37, Ames



AFTER

The building at 225 Main Street was built in 1901 by the Independent Order of the Odd Fellows. The building has always served as a meeting hall for community groups. A serious fire destroyed much of the building in 1917; it was considered a total loss. In 1918, the Temple of the Odd Fellows was rebuilt including a total reconstruction of the façade. The Odd Fellows retained the building at 225 Main Street until it was sold to the American Legion in 1947. The American Legion was chartered in Ames, Iowa in 1919. The American Legion moved to 225 Main Street in approximately 1938. The American Legion Post 37 Family, which includes the Legionnaires, American Legion Auxiliary, Sons of the American Legion, and the Legion Riders, is proud and honored to share in the rich history of Downtown Ames.

The decision to remodel the first floor of the American Legion was easily made. The first floor of this historical three story building consists of a clubroom area and a reception facility. Both areas were showing their age and needed to be renovated. After demolition of the entire first floor, everything including equipment, heating and cooling, lighting, and furnishings were both replaced and upgraded. The renovations made throughout have honored the historic traditions while investing in our future. The decision to contract Geisinger Construction to aid in the renovation was based on their outstanding reputation in the community. Oren Geisinger is familiar with the building, as he and his family have supported events held at the post. He is also a member of the Sons of the American Legion, Squadron 37.

The collaborative efforts of Geisinger Construction and the members of Post 37 resulted in a plan that best portrayed the initial vision of the renovation. After years of hard work, perseverance, cooperation, and goal-focused thinking, the American Legion Post #37 is a certain stopping point in the Downtown District of Ames. The many amenities in the building include a full-service bar, "Club Grub" food menu, fun and friendly atmosphere, and a new sound system perfectly paired with a reception hall fit for any event. When you're in the area, swing in to see what the American Legion Family has to offer, and be sure to ask about everything that being a member can mean for you!

Please join us for our Grand Opening Celebration on July 4th at 225 Main St., Ames.

BEFORE

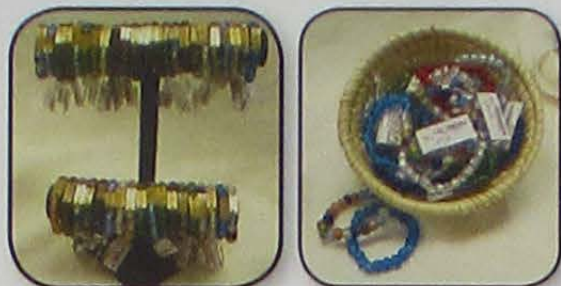


GEISINGER

CONSTRUCTION INC.

Residential • Light Commercial • Farm

Call Oren at 515-232-8951 • 515-203-0729

**WORLDLY
GOODS**Shop Locally,
Act GloballyCelebrating
**25
Years!**Behind Each Item Is a Very
Special Human Story...Inspirational bracelets made from
recycled glass and brass!**223 Main Street
Ames, IA 50010
(515) 233-4568**

STORE HOURS

Mon-Wed 10-6 • Thu 10-8 • Fri 10-6 • Sat 10-5 • Sun closed

A Non-Profit, Fair Trade Store

www.worldlygoods.com

facebook

Husqvarna**VIKING**

Fabrics • Notions • Patterns • Classes • Books • Sewing Machines

Quilting Connection**Stepping Stones Raffle Quilt**
Buy tickets at Quilting Connection

Look for us at the AAQG Quilt Show July 6th-7th in Ankeny

Quilting Connection**238 Main Street, Ames****515-233-3048 • www.iaquilts.com**

Hours: Mon. and Thurs. 10-8

Tues., Wed., Fri. 10-5:30, Sat. 10-5, Sun. by appointment

DOWNTOWN



Worldly Goods will be celebrating their 25th Anniversary in July of this year! Worldly Goods is a Non-Profit retail store specializing in the handcrafts of low-income artisans from around the world. It serves as an international marketplace where artisans can be assured of a fair income and fair trade practices. By purchasing fairly traded products, our customers contribute to a more equitable global economy and practices that do not exploit people or the environment. Ames residents Holly and Larry Burkhalter established this store in 1987 after visiting and being inspired by Mennonite-operated Self Help Crafts (now Ten Thousand Villages), which helped disadvantaged people earn a living by making and selling handcrafts. Today

over seventy volunteers at Iowa State University, and surrounding the Worldly Goods store is a volunteer board. We believe in Dignity, which allows artisans to be people before profit. We should remember the goods. Through Fair Trade and direct relationships, we believe Fair Trade promotes mental, and cultural development, and is a system of exchange that ensures greater equity and a participatory marketplace by the local context, supporting participatory workplace and technical support ensures environmental and cultural identity, offering transparency, building relationships, and education. Fair Trade is a holistic approach to commerce that aims to

Miss Independent!**miss meyer's**

CLOTHING CONSIGNMENT, LLC

432 5th Street | Ames | (515) 598-4471

TUES/WED/FRI/SAT 10-5 • TH 10-7 • SUN 1-5 • MON CLOSED

MissMeyersConsignment.com**Summer
Clearance!**

Starts June 28th

**Emerhoff's**

FOOTWEAR, INC.

215 Main St., Downtown Ames 232-3473

The Frame Shop**The Art of Custom Framing**

210 Main Street, Ames • 515-232-8408 • 515-520-1081

**Fine Art • 1000's of Mats &
Mouldings • Flat Earth Gallery**Proudly serving Central Iowa & the rest of the
world for nearly 35 years.**www.amesframeshop.com**

M-F 9am-5:30pm • Sat 9am-3pm • Flat Earth Gallery Open by Appointment

WN Ames Spotlight

om Ames, Iowa State
ng communities staff
The store is also run
members.

Charity. Fair Trade
ufficient. We put
believe consumers
ople who made their
de, there is a posi-
to to producers. We
es economic, environ-
sustainability. Fair Trade
hat seeks to create
ership in the interna-
providing fair wages in
ping safe, healthy and
e by supplying finan-
t to build capacity. It
ustainability, respects
ublic accountability
direct long term
es consumers. Fair
ch to trade and devel-
the ways in which
so that trade can

empower the poorest of the poor. Fair Trade
Organizations seek to create sustainable and
positive change in developing and developed
countries.

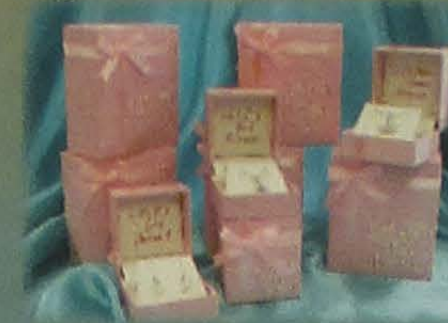
Worldly Goods invites you to help celebrate
their 25 years in business. We would not be
here without the Burkhalter's vision to bring
Fair Trade to Ames or without the support the
community has given us. Thank you.

WORLDLY GOODS



What's Hot?
My First Diamond...
She's never too young for her first diamond

Exclusive at Shari K's



Shari K's
ESTATE JEWELRY

www.ShariKsEstateJewelry.com

223 Lincoln Way, Ames

515-232-4665

Corner of Kellogg & Lincoln Way

M-F 10am-5pm, Sat 10am-4pm

*It's all
about ME!*
~Boutique & Spa~



(515) 233-1399 209 Main Street Ames, Iowa

*Not Your Average
Spa And Shopping Boutique*

Products
Bare Minerals
Philosophy
Clarisonic
Md Formulations
Coobies Bras
Spanx
Archipelago
Ahava
OPI
Frankie & Johnny PJs
Switch Flops
Purses
Scarves
Jewelry

Services
Massage
Facials
Body Wraps
Microderabrasion
Eyelash Extensions
Special Event Makeup
Waxing

*... and (so)
much more!*

authorized retailer of
bareMinerals®
by BARE ESSENTIALS

*His
& Hers*
HAIRSTYLING

Looking for a
new hot look
for summer?



GIFT CERTIFICATES AVAILABLE

FULL SERVICE SALON

Open Mon.-Sat. • Evenings by Appointment

232-4710

413 Main St., Ames

Major Credit Cards Accepted

OFFICIAL LICENSED
NEW! **STATE** NEW!
JEWELRY & PHOTO GIFTS



Exclusive
Designs

We Can
Add Your
Photos!

photosynthesis

232-8050 • 317 Main, Ames

www.photosynthesisIA.com



Let's get down to
business

To advertise
call me today!
KK O'Neill
663-6956

Inserted into the Ames
Tribune, Nevada Journal &
Tri County Times for a total
circulation of over 12,000!

Facets

JULY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	★	★	★	★	13	14
15	★	★	★	★	20	21
22	★	★	★	★	27	28
29	★	★				

Four, Five and Six week Summer Sessions! Now accepting registration! Are you ready for results!

★ Youth Camp July 9

★ Bootcamp South 5:30 and 6:30am July 9

★ Extreme Intervals Bootcamp South 5:30pm July 9

★ Real Age Reduction July 10

Contact us to register!
Any front desk or
515-663-9921
Members and
non-members welcome!

Connect with us!
www.facebook.com/ARFCpersonaltraining
to see and hear video testimonials of sessions!



www.amesracfit.com

What's hot in the kitchen

BY CAROLINE NICHOLS

Hot transformations once only possible on HGTV are making their way into the kitchen.

Summer is the season for gatherings, and the kitchen is the hub of all the delicious activity. Make your kitchen a place where summer comes inside — where the feel of an outdoor cookout can be as close as your kitchen counter.

"Our large kitchen space felt small with all of our appliances and a large island in the center," said Thomas Gleisner, of Ames. "The way the kitchen was built, we weren't able to enjoy the beautiful backyard view that overlooks a pond and walking paths."

With a focus on function, the courage to be bold and an adventurous spirit to start somewhere, your kitchen can be a place that feels as much like summer as the beach.

"Without losing any of our appliances, we now have more room for our 10- and 12-year-old kids to bring friends over, and we have a great view that isn't obstructed by a bulky design," Gleisner said.

These simple tips should point you toward a kitchen space that sizzles almost as much as the barbecue.

FOCUS ON FUNCTION

Sometimes "what's hot" starts with "what's functional," said Dylan Martinez, of DTM carpentry and construction services in Ames.

Martinez eliminated the oversized island in Gleisner's kitchen and created more space to move around. Gleisner said Martinez had the family stand in the workspace to understand what the kitchen felt like as dinner was being prepared.

"With my clients, function and space are the most important," Martinez said. "People want a kitchen that feels open. They want to be able to see into the next room while they cook at the stove or do the dishes."

Having an open space, or the illusion of it, can give your kitchen the feel of a front porch, an accessible place where people enter, gather and mingle. Because so many people are looking for this "feel," much of what's trending in kitchens starts with function.

Michelle Hughes, a Do-It-Yourself (DIY) blogger from Ontario, Canada, wrote that she

and her husband had two goals for remodeling their galley-style kitchen: Create a more functional space and replace the "builder standard" with their unique style.

"My husband and I both love to cook, and we were disappointed that our kitchen left us working on top of each other." They knew they couldn't change the dimensions of their kitchen, but they could change the way they used the space they had.

BE BOLD

Hughes and her husband knew their kitchen remodeling project was a go-big-or-go-home endeavor.

Martinez said it is common for clients to seek out a bold new look, but not know how to achieve it.

"Clients often have an idea about what they want," Martinez said, "But they aren't able to visualize the process or the amount of work necessary to achieve their desired outcome."

Martinez learned to listen to clients' goals and translate them into remodeling suggestions that can change the mood entirely.

START SOMEWHERE

The words "kitchen remodel" can sound as appealing as "dentist appointment," but updating your kitchen doesn't have to mean demolition.

For new homeowner Michelle Euker, a 2009 graduate of Iowa State University, remodeling her kitchen is a process.

When she moved into a 1960s style, raised-ranch house in Sioux City in 2011, Euker had little desire to tear down any walls. Instead, she thought about how her house could reflect her personal taste.

Euker's kitchen was already functional, so she started collecting decorative pieces to give her kitchen a comfortable, worn-in vibe.

Euker enjoys trying new things, from refinishing projects to crafting.

"I enjoy it. I would rather do it myself than pay someone else to do it," she said. "If you see the perfect piece of furniture in a display window, but you know you can make it on your own, then there is some fun to be had in doing that." ♦

Reach Caroline Nichols via email at caroline.m.nichols@gmail.com.

YELLOW

Think of yellow as the new black for the summer months.

"Yellow is a great, bright color for summer to incorporate into your wardrobe," Guzek said.

If you don't want to commit to a yellow dress or yellow jeans, adding pops of yellow in a pair of flats, jewelry or a handbag will give a more exciting vibe to your outfit, Guzek said.

NEON

One of the hottest — and trickiest — trends this summer is neon. Guzek and Alfrey suggest pairing bright colors with neutrals and basics to make sure you are not looking too "over the top." Try pairing a neon belt or necklace with basic, neutral pants and blouses for the workplace or a little black dress for a night out.

BOLD PRINTS

Big, bold prints, from ethnic and tribal to flowers, follow the same rule as neon colors. Remember to pair it with neutrals and basics to keep it toned down but fresh.

PRETTY PASTELS

Pastels used to be synonymous with Easter, but not this year. Break out those pretty pinks, purples, sky blues and mint greens for summer. Unlike neons and bold prints, these colors do not necessarily need to be worn in moderation since these hues don't stand out as much, said Alfrey.

But, if you do wear a pastel outfit, accessorize with neutral colors, said Guzek.

SHINE

Colors aren't the only things hot this summer. Certain types of fabric are shining through with a hint of shimmer. In-your-face styles might be hard to pull off, but, like with all good things, moderation is key.

"If you're wearing a shiny top, wear neutral colored pants or skirt and accessorize with neutral colors," Guzek said.

If wearing a shiny top or bottom is a little too much, you can always find a shiny fabric handbag that can bring some excitement to a basic, neutral-colored outfit.

By Jupiterimages/
Goodshot/
Thinkstock

Shop for shots
of color to incor-
porate into neu-
tral outfits.

PEPLUM

For those formal occasions and nights out, the peplum has become a popular trend. Peplum refers to the short strip of fabric attached at the waist of women's jackets, dresses or blouses.

"To make sure the fit shows off your body in the best way possible is important," Guzek said.

When wearing a peplum, pair it with a long, fitted pencil skirt or, if wearing a dress featuring a peplum, make sure the dress hits your knees to lengthen the outfit. To top off the outfit, pair it with pumps and an accent-colored clutch, Alfrey said.



BRITTANY GUZEK



KAYLA ALFREY

Hot summer fashion

BY ROXANNE DASS

This summer's fashion trends are all about big and bold styles: neon, prints, pastels, yellow and peplum.

You may think it takes a brave, young fashionista to take on these trends, but with some simple style tips from two young women on the cutting edge of fashion, you can incorporate even the flashiest of trends into your wardrobe.

Brittany Guzek and Kayla Alfrey know a thing or two about fashion. The 21-year-old Apparel Merchandising students have been involved with the annual Iowa State Fashion Show for two years. They will co-produce the 2013 show.

The style-savvy seniors say anyone can include 2012's runway inspirations to any outfit.

"I think for a majority of these trends, it is important for women 30 and older to dress in moderation and try to accessorize and create key accent colors in their outfit," Guzek.

As you get your wardrobe ready for the summer, don't be afraid to mix in a little fun and flair with your summer style.

With these tips, you too can enjoy the bright and sunny summer fashions. ♦

Reach Roxanne Dass
via email
at rdass43@gmail.com.

**FOR ALL OF
YOUR COMMERCIAL
PRINTING NEEDS...**

**WE'VE GOT
YOU COVERED!**

- Brochures
- Business cards
- Letterhead
- Envelopes
- Note pads
- Post Cards
- Presentation folders

Check out alphacopies.com and click on the Printing and Business Services tab and select commercial business to see all AC has to offer.



Alpha Copies
& Print Centers

Two Great Locations

512 E. Lincoln Way • 515.233.5556
2310 Lincoln Way • 515.292.3121

beauty | **FALL TRENDS**

Bright hair colors are a big trend.

Color is key

It's sizzling outside now, but fall is just around the corner. Be ready to turn up the heat on your look as temperatures start to fall with this look ahead to fall hair fashion.

Your professional hairstylist is already reading about the coming trends that follow fall fabrics and fashions. Ask your stylist about the classes she or he will be attending; they will bring new ideas for you back from the events.

Color that once was second to perms as the popular chemical service in salons is now royalty. Every manufacturer of any consequence has a color line to help professional hairstylists serve their guests. Emphasis now is on odor-free, natural, damage-free, and ammonia-free products that also provide long-lasting hues with more shine.

Blondes seem to be taking over, while reds continue to be a strong second. Brunettes are more about depth of color and lots of variation in the shades.

For every color, there is a line of color-protecting products to match and enhance that color. There is actually shampoo for blondes, reds and brunettes. There are also shampoos to enhance gray hair for many years, primarily by removing the yellow tones and leaving the pure white greys.



**MARY CLARE
LOKKEN**

Check out the hair color of today's pop stars, and you'll see why you and I wear more intense colors than ever before. If a celebrity can wear a color of red that has never been seen in nature then, of course, you and I can feel safe trying a brighter shade of our favorite color.

My two best friends have gone gray, but I never will. I'm in the business and wouldn't feel comfortable without my trademark red hair. A light blond kid, I became my natural medium ash blond in college and then went red after teaching school for a few years. I have never looked back. I just can't see myself gray. I'd go back to blond before I'd go gray. Color defines me.

Any hair color can have strands of another color, however, even wild colors temporarily. A temporary process called chalking arrived this spring and has stayed around. A long-haired brunette might have pink and/or violet chalking effect on pieces of hair. A blonde might have a deep red shade on the ends of her hair.

Pantone, the color authority, announced its 2012 Color of the Year was "Tangerine Tango." See how many variations you can see in fashion, beauty and décor. You will be as amazed as I have been. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

Replacing fluids in the summer heat

The human body is about 70 percent water, so during the hot summer weather, it's more important than ever to replace the water we sweat. The process of replacing fluid in the body is called hydration.

The fluids we drink play an important role in the body, including:

- Removing waste
- Providing cushion
- Carrying nutrients and oxygen to cells
- Protecting organs and tissues
- Regulating body temperature

When we're active, we use muscles. Muscles generate heat, and the body responds by sweating to maintain a normal temperature. If we get dehydrated, we lose the ability to regulate body temperature, and life-threatening heat injuries can follow.

Thirst is not a good indicator of hydration. Early symptoms of dehydration are headaches, dizziness or fainting, clammy skin, rapid heartbeat, nausea, drowsiness, loss of concentration, irritability, decreased performance, heavy sweating and muscle cramps.

Beyond heat cramps comes heat exhaustion and even heat stroke. All these stages of dehydration are dangerous and must be treated. If you have these symptoms, get out of the heat; drink water, juice or sports drinks (unless your doctor tells you otherwise); and get medical attention.

Water is always a good choice for fluid replacement. You should drink at least one pint every 30 minutes during activity and even more when it's hot outside. At a minimum, you should drink about eight glasses of water each day.

Sports drinks are good, though the extra electrolytes may not be necessary for normal hydration. Juice works, but contains too much sugar to drink as your only source of hydration. Alcohol, energy drinks and coffee are not good hydrators because they work as diuretics in the body, making you less hydrated.

Get a variety of liquids in your diet. Drink plenty of water and drink more when it's hot outside. If you see any of the symptoms of heat injury, take action immediately.

Here are some helpful hydration hints:



LAURA KIMM

TRY THESE RECIPES FOR A TASTY HYDRATING DRINK

ORANGE FIZZ

Ingredients:

- 3/4 cup frozen orange juice concentrate, thawed
- 2 and 1/4 cups carbonated water or tonic water, chilled

Directions:

Pour thawed orange juice concentrate into pitcher. Gently stir in chilled carbonated water or tonic water.

To serve, pour over ice cubes in glasses. If desired, garnish with quartered orange slices. Serve at once.

KIWI-CUCUMBER COOLER

Ingredients:

- 6 kiwi fruits
- 1 large cucumber, peeled and cut into chunks
- 16 fresh mint leaves
- 1 and 1/2 cups coconut water
- Juice of 1 lime
- Several ice cubes
- 4 teaspoons agave nectar

Directions:

Cut kiwi in half crosswise and scoop out flesh with a spoon; place in a blender. Add remaining ingredients and blend until smooth.

- In the summer heat, take regular rests from your activities to rehydrate.
- Keep frozen water bottles in the cooler to keep food cold and to drink as the ice melts.
- Drink before you are thirsty. We are usually dehydrated by the time we feel thirsty.
- Carry a bottle of water in your gym bag, keep it in your office desk or stash it in your purse.
- When you have juice, dilute it with extra water. ♦

Laura Kimm, RD, LD, received her bachelor's degree from the University of Iowa and completed her dietetics coursework and dietetic internship at Iowa State University. Laura works at Hy-Vee as a registered dietitian. Reach her via email at lkimm@hy-vee.com.

Build a retirement fund you can count on.

Our fixed annuities can work for you. Lifelong retirement income. Tax-deferred growth. Flexible premium payment options. Call today to learn more.

Current Interest Rates & Premium Payment

Portfolio 6	2.55%	2.30%	1.95%
	\$100,000+	\$25,000-99,999	\$0-24,999
Portfolio 10	2.90%	2.65%	2.30%
	\$100,000+	\$25,000-99,999	\$0-24,999



Roger Robinson
2603 Northridge Pkwy,
Ste 102 Ames, IA
515-292-3020
rogerrobinson.fbfs.com



Richard Lehms
Sales Associate for
Roger Robinson
2603 Northridge Pkwy,
Ste 102 Ames, IA
515-292-3020



FARM BUREAU FINANCIAL SERVICES

Auto | Home | Life | Business | College | Retirement

Rates based on the Company's 6/1/12 declared interest rate for the Flexible Premium Portfolio 6 and Portfolio 10 options of the nonparticipating policy (Select IV Fixed Annuity). Declared rates are neither guaranteed nor estimated for the future. The current rate will never fall below the guaranteed rate of 1.00%. The Company reserves the right to change the current rate without notice at any time for any reason. Call 800/247-4170 for today's rates. Surrender charges may apply to any withdrawals. The guarantees expressed here are based on the claims paying ability of Farm Bureau Life Insurance Company. Surrender charge periods for Select IV Fixed Annuity range from: Portfolio 6, 7% - 0% over six years; Portfolio 10, 9% - 0% over ten years for issue age 60+ or 10% - 0% over ten years for issue up to age 59. Securities & services offered through FBL Marketing Services, LLC+, 5400 University Ave., West Des Moines, IA 50266, 877/860-2904, Member SIPC. Farm Bureau Life Insurance Company+ West Des Moines, IA. +Affiliates *Company provider of Farm Bureau Financial Services A129-MSR-2 (6-12) Policy #434-060 series

Facets gets results

Facets has been the primary consistent means of print advertising for our residential cleaning business over the last two years. When people call our office looking for help cleaning their homes, we always ask, "May I ask how you heard about us?" Facets has been cited more than any other print ads I've done! People also tell us all the time that they see our ads everywhere, when in reality, we aren't in that many other places; it's Facets they see at the Dr.'s, at their home, their salon, etc... How have we grown from cleaning 40 to 200 homes in Ames on a regular basis? With smart advertising placement in Facets!



Sara Martin
professionalhomeames.com

ph PROFESSIONAL HOME AMES
your residential cleaning service

To advertise call
KK O'Neill
515-663-6956

Successful investing

Home Equity Loans/Lines

"We really love the ability to manage our HELOC online."



1ST FIRST NATIONAL BANK

AMES • ANKENY

What Banking Should Be.

www.FNBames.com



Member FDIC



An essential understanding: Investing and saving are not the same.

Savers want to be sure they do not lose money. Investors want to make money; they want the value of their investment to increase. Investors are willing to take a risk that their money may lose value in exchange for the possibility their money will gain value.

To some, investing is about unfamiliar terms, strange formulas and unpredictable volatility. To others, investing is simply a matter of luck.

WHAT IS INVESTING?

It is easy to think investing is difficult, if not impossible, to understand because it is all about luck. What investing is really about is raising capital for companies, creating jobs for people, and helping local, state and federal governments build roads, schools and airports.

Investing helps families buy a home, pay for the ever-increasing costs of college and create a comfortable retirement.

WHY INVEST?

There are life events that require money, events that give us reason to invest for long-term goals.

Should you be an investor or a saver for long-term goals? All the recent ups and downs in the market make it easy to wonder if it is really safe to be an investor. But before you decide to be a saver, consider these investment returns, for illustrative purposes, 1926 to 2011:

Large company stocks: 9.78 percent

High quality corporate bonds: 6.06 percent

Intermediate government bonds: 5.40 percent

Investors count on the historic long-term performance of stocks and bonds. We know

that past performance does not guarantee future results and that investing in stocks and bonds does involve risk.

WHAT IS THE RISK?

Inflation is a certain risk; your money will buy less in the future. From 1926 to 2011, inflation averaged 2.99 percent. To put that in purchasing power terms, in 20 years, the purchasing power of \$1,000 would be only \$544.

Though inflation risk is certain, the rate may vary. To achieve long-term goals, your money must grow at a rate greater than inflation.

Volatility is risk with possibilities. Volatility means an investment has the potential to gain or lose money in the short term. There are no guarantees, but investors are willing to stay invested through short-term volatility because they believe there is potential for longer term gains.

WHAT'S YOUR INVESTMENT PLAN?

1. Be ready.

- Have three to six months of expenses in a savings account.

- Make sure you have adequate life and disability insurance.

- Identify your goals and the time to achieve them.

2. Start early so your money has time to grow and you can feel more comfortable with the market's up and downs.

3. Automate monthly investments. Systematic monthly investing creates the discipline to invest without thought to the market being up or down.

Many people talk about investing for a home, to educate children or retire. Today, stop talking and begin to make conscious choices to create the life you want to live, because life is ... more than money. ♦

Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.



KAREN PETERSEN

Self-improvement on Pinterest

Curiosity got the best of me. I joined the ranks and began perusing the virtual pinboard

Pinterest, a social network that allows participants to share and discover new interests.

So what would someone like me want to explore? Why, smiles, of course.

I went to the online pinboard and keyed in "cosmetic dentistry." The results were inspiring: everything from bleaching, to veneers, to full-mouth reconstruction.

There are articles, videos and photos of ordinary folks, as well as movie stars and celebrities, who changed their smiles and improved their looks and self-esteem.



AMIE ROCKOW-NELSON

"A new smile makes a huge difference."

So what makes someone decide to take that step? Why does one person choose to improve his or her looks while another lives with an unhealthy or unattractive smile?

There is no reason why each individual should not pursue improved personal appearance.

If you have ever watched a makeover segment on television, you can see the unbelievable change in a person's attitude after a few hours in the hands of a professional, whether it is a makeup, hair or clothing professional.

In my practice, I have witnessed the difference a new smile can make. The investment can change lives and renew self-confidence and laughter.

Whether the person wearing a new smile speaks to hundreds of customers, leads employees, kisses a partner, or meets new relatives, the new smile makes a huge difference.

So, let it be said: While you are exploring Pinterest for decorating, landscaping, food or craft ideas, look for creative ways to improve you as well. ♦

Amie Rockow-Nelson, DDS, dreamed of setting up a dental practice in Ames, home of her beloved Cyclones. She received degrees from Iowa State University and Creighton Dental School before realizing her dream in 2001 by opening her own practice, Ames Center for Cosmetic and Family Dentistry.

Extraordinary!



Ames Silversmithing
Designers & Goldsmiths

220 Main Downtown 232-0080
www.amessilversmithing.com

Win A Wardrobe!



Each time you stop in during the months of May, June & July, fill out an entry form to win a free wardrobe!

**See store for details*

Now Open!

B. Belle

207 Main Street

A new boutique in downtown Ames

Hot fitness trends

Hot fitness trends can help you get results and be a hot-tie this summer.

News from notable fitness agencies — such as the IDEA Fitness Professionals Association, American College of Sports Medicine Health and Fitness Summit, and the National Strength & Conditioning Association's journal, which publishes current peer-reviewed studies — point to the following themes:

POWER, AGILITY AND REACTION ARE NOT JUST FOR ATHLETES.

Seniors benefit from fitness more than from quick-reaction forces and clever drills and skills. As we age, we naturally lose the



**DEBRA
ATKINSON**

ability to react quickly, which often leads to falls and automobile accidents.

Working with kids to develop the same skills can help an uncoordinated child become more adept compared to his or her peers. It requires exposure to progressive activities, such as catching a ball, catching a bounced ball and then catching a ball bounced off a wall they're facing that is thrown from behind them.

STRONGER CAN MEAN SMALLER AND SHAPELIER WOMEN.

Women are hitting the weight room with increasing frequency. Men notoriously have dominated the weight room and women the cardio areas. Women are drifting into the weight room, however, without neglecting cardio. They are balancing the use of their exercise time better.

They realize they can boost metabolism

by 10 to 15 percent, gain lean muscle and fit into a smaller size with less jiggle.

It is all about the right combination of weights for your body type. Women often fear bulking up from lifting weights. Contributing to the problem, women tend to gravitate toward a "three sets of 10" routine, which induces bulk.

Instead, use a combination of heavier weights done fewer times and, alternatively, lighter weights done more times. Add some clever tempo "holds" to produce the results more women want, creating the definition and strength to power into those skinny jeans.

EATING IS SEXY AGAIN.

Starvation and restrictive diets are just plain boring and out of style. Supplements featuring caffeine are temporary fixes that bring on the jitters and suppress appetite for a short time without any skills to show for it later.

DO YOUR OWN FITNESS HABITS REVEAL A TREND? Tell us what you're up to in 2012. Share your trend with Debra at PTDirector@amesracfit.com.

Free Admission! Mark your calendar!



**Tuesday, July 17th • 10am to 2pm
Memorial Union, Ames IA**

This special event will bring in experts to educate Story County residents on ways to improve their lifestyles and how to live longer, healthier and happier lives.

**Free Admission • Free Snacks
Great Door Prizes**

**Attention business owners get your business seen!
Reserve your booth today
Call your Sales Rep or 515-663-6916**

Ames Tribune



**IOWA STATE UNIVERSITY
MEMORIAL UNION**

New to Ames!
Boarding • Daycare • Grooming



AMES PET RESORT
Boarding, Daycare, Grooming

2811 Hyatt Circle

North of DMACC Hunziker

(515) 233-5332

www.amespetresort.com



**Find us
on Facebook**

M-F 7am-7pm • Sat/Sun 9am-4pm

Nutrition know-how that features whole foods and organic chemical-free foods that have been grown locally is the rage. Cooking in is as desirable as eating out.

Cover models promote the idea that eating more frequent high-quality meals can give you more energy and help you reach your beauty best.

PERSONAL TRAINING CAN HELP IDENTIFY REALISTIC GOALS.

The U.S. Department of Labor Statistics reports that employment opportunities for fitness workers are expected to increase by 29 percent from 2008 to 2018. Baby Boomers are responsible; they are retiring in much better health than past generations and want to continue their active lifestyles, but with specific attention to their own needs and with those who share like values.

The number of group exercise options on the horizon for this generation continues to grow in demand. If seniors are talking, fitness professionals are listening. ♦

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.

Reach her via email at PTDirector@amesracfit.com.

MOVE OF THE MONTH

THORACIC EXTENSION

Extending the chronically rounded upper-back spine can help you regain mobility, enhance posture and increase your overall comfort all the time, not just while you're performing this exercise.

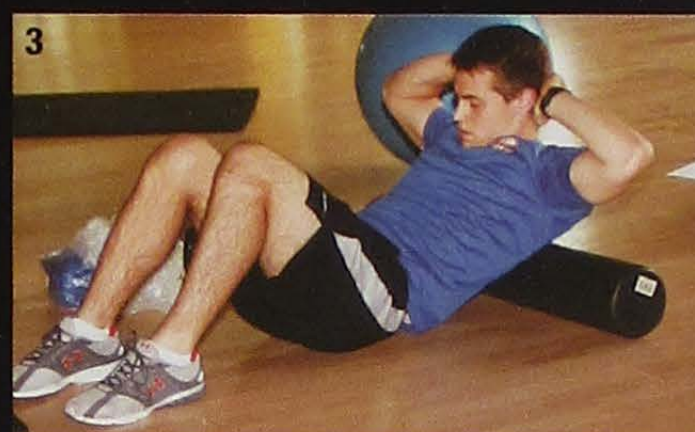
The Thoracic Extension is demonstrated at right using a foam roller. A large exercise ball, a basketball or a pool noodle could also substitute.

To perform this exercise:

1. Sit with the foam roller placed behind your shoulder blades. Support the weight of your head in order to keep your neck relaxed throughout.
2. Slowly extend over the roller. Move slowly and hold for a few seconds at your comfortable end point.
3. Return to flexion.

Repeat 3-5 times.

Try to keep your elbows out to the sides to enhance the chest opening component of this movement. Avoid pulling on the head with the hands.



NORTHCREST

community

A True Life-Care Retirement Community






"Because we've never been the rocking chair type..."

For your personal visit call (515) 232-6760

1801 20th Street ♦ Ames, Iowa ♦ www.northcrestcommunity.org

faceted woman | **KAREN YOUNGBERG**

Name: Karen Youngberg

Age: 56

Occupation: Co-owner of Ames Silver-smithing

Family: Husband, Gary, son Kyle Youngberg, along with his lovely wife, Katie, and their two sons, Logan and Asher; and son Kirk Youngberg, along with his lovely wife, Lori, and their son, William

What would you do with \$1,000 to spend on yourself?

I would go to a yoga retreat/training session on a beautiful beach somewhere by an ocean.

Your favorite meal:

The fresh Canadian walleye, caught and prepared by my dear friend Mark Power.

What makes you happy?

I am very happy when I can be outdoors. Sometimes I am most happy doing an activity; other times I am very happy just to walk through the woods, sit on the bank of a river and close my eyes while listening to the sounds of nature.

I am also very happy when my family can gather for food and fun.

Your favorite motto:

Here are two of my favorite mottoes: "Your religion is what you do after the sermon is over," and "What goes around comes around."

What makes you laugh?

It is easy to laugh when you are watching and talking with young children. Spending hours with my grandchildren is always entertaining at some point during their stay.

What have you accomplished that has made you proud?

I am proud of the partnership with my husband, Gary, in our business, Ames Silver-smithing, over the last 36 years. We have always worked together to build our American dream. Our respect for each other's business opinions and decisions helped Ames Silversmithing grow and prosper throughout the years. We have always been a good balance for each other, too. We celebrated 35



Photo courtesy of Karen Youngberg

◆ DO YOU KNOW A FACETED WOMAN?

Nominate her at www.facebook.com/facets magazine.

wonderful years of marriage together this June.

I am also proud I have contributed to celiac disease (an autoimmune condition that causes affected people to have a toxic reaction to foods that contain gluten) awareness in the Ames area.

My most important accomplishment is helping to produce two amazing sons, who, as grown men, are wonderful husbands, great fathers and productive members of society.

Your simplest pleasure:

One of my simplest pleasures in life these days is to go looking for critters in the out-of-doors with my grandsons and seeing the mystery and beauty of the world again through their eyes. But let's not forget the simplicity and joy in sitting on my screened-in back porch overlooking the woods and sharing a glass of wine with family or friends.

When I am an old lady:

When I am an old lady, I will be proud of my "smile lines" and be thankful for every working part on my body.

What financial advice would you give other women?

There are a number of simple but important bits of financial advice I would like to give.

1. Always know exactly what your financial situation is. If you are married, this may be more difficult to accomplish if your husband handles most of the family finances. However, it is important to know this information, and it should always be shared.

2. Always put some amount of household income into savings. Have an annual goal.

3. Know the value (or learn the value) of compound interest.

4. If you can't pay for it by the end of the month, you have no business buying it. Exceptions are appliances or bigger ticket necessities. Limit credit card use.

5. Pay down debt!

6. I believe no one will watch or take care of my money better than me. However, I do understand some women don't have the time or the interest to do that job, so selection of a financial advisor is crucial. Be very aware of fees incurred with financial advisors. ◆

STOLTZE & STOLTZE
Family Dentistry



Stoltze & Stoltze recognize Lori for her outstanding service these past 30 years! Thank you Lori for all that you do for us and our patients!

Daniel M. Stoltze, DDS
Sonya M. Stoltze Newstrom, DDS

511 Duff Ave., Suite 200 Ames • 515.233.3797
(West of Bandshell Park)

Facets presents Your Home Buying Checklist

Buy into the Circle of Ames Businesses

Kim Iiams

Vice President, Residential
Mortgage Originator
Office: (515) 232-3425
Cell: (515) 290-1464
NMLS ID#: 571186
kiiams@bankerstrust.com

**Bankers
Trust**

BankersTrust.com
Member FDIC



**Choose your
bank**

Paul Livingston

CRB, CRS, GRI
105 S. 16th St.
Ames, IA 50010
515-291-0154

**HUNZIKER
& ASSOCIATES,**
REALTORS



**Choose your
realtor**

Brent Bagley

Comfort Solutions Expert
Bus: (515) 292-GO CY
(515) 292-4629
4269 Cameron School Rd.
Ames, IA 50014

Cyclone
TOTAL INDOOR COMFORT



**Choose your
plumbing, heating
& cooling company**

Tami Hammer

Insurance Agent
Office: 515-232-5240
Cell: 515-291-9092
Fax: 515-232-3093
Tami@TripletIns.com

Triplett
COMPANIES



**Choose your
insurance
company**

Coconut Water

Get Quenched with Nature's Sports Drink

HyVee

Did you know?

- Did you know that the human body is about 70% water? During hot weather, it's more important than ever to replace this fluid when we sweat.
- Coconut water is the clear liquid inside young coconuts.
- Naturally loaded with key electrolytes, providing as much potassium as a banana.
- Just 60 calories in a single serving.



Shop the Ames Hy-Vee HealthMarkets on Wellness Wednesdays and save **10% OFF** all HealthMarket items

Coconut Water

Plain coconut water has long been a popular beverage in the tropics. Recently, coconut water has emerged into mainstream supermarkets, and can be found in juice-box-style packages in an array of flavors, such as peach-mango and tangerine.

For a refreshing summer beverage, concoct a coconut-water cooler with the addition of mouth-watering berries and enhance nature's beverage of choice.

Find coconut water in your Ames Hy-Vee HealthMarkets.

Replenishment Smoothie

Yields approximately 16 ounces

All you need

- 1 cup mixed berries
- 1 ripe banana
- 1 scoop protein powder
- 1 ZICO natural coconut water

All you do

Mix all ingredients together in a blender using fresh or frozen fruit. Enjoy!



Amy Clark, RD, LD
Lincoln Center Hy-Vee Dietitian
515-450-0508
aclark@hy-vee.com



Laura Kimm, RD, LD
West Ames Hy-Vee Dietitian
515-292-5543
lkimm@hy-vee.com